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National Impaired Driving Month

The month of December is one of the busiest on the nation's roadways, and also one of the most dangerous, due to a high incidence of alcohol and drug-related traffic crashes.

Alcohol & Drug Services of Gallatin County encourages parents and other caregivers to make a new or renewed commitment to never cater a party to underage drinking.

If someone you know is drinking, do not let that person get behind the wheel. If you see an impaired driver on the road, contact law enforcement. Your actions may save someone's life, and inaction could cost a life.

Families play an essential part in stopping impaired driving. By talking about the risks and setting clear expectations, parents and other caregivers can help their children stay safe, sober, and focused on the road.



MADD has these tips to help ensure everyone's safety this holiday season:

- Designate a sober driver before celebrations begin.
- Plan safe parties, including providing non-alcoholic drink options to guests and not serving alcohol the last hour of the gathering.
- Never serve alcohol to those under the age of 21.
- If you've been drinking, use a taxi, call a sober friend or family member or use public transportation.
- If you see an impaired driver on the road, don't hesitate to contact your local law enforcement.
- If you know someone who is about to drive or ride with a driver who is impaired, take the driver's keys and help them make other arrangements to get to where they are going safely.
- Remember, impaired driving crashes are 100% preventable.





Quick Tips: Reducing Holiday Stress

The holidays can be a joyful time, offering a chance to reconnect with friends and family. But they can also be stressful. You may feel pressure to buy and give gifts. Maybe you are worried about money. The holidays can also be hectic. There never seems to be enough time to get things done.

Here are some ideas:

Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget, and don't spend more than you've planned. It's okay to tell your child that a certain toy costs too much. Don't buy gifts that you'll spend the rest of the year trying to pay off.

Give something personal. You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot. Or use words instead of an expensive gift to let people know how important they are to you. Make a phone call or write a note and share your feelings.

Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend.

Share the tasks. You don't have to do everything yourself. Share your "to do" list with others. Spend time with friends and family while you share tasks like decorating, wrapping gifts, and preparing the holiday meal.

Learn to say no. It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.

Be realistic. Try not to put pressure on yourself to create the perfect holiday for your family. Focus instead on the traditions that make holidays special for you. And remember that just because it's a holiday, family problems don't go away. If you have a hard time being around your relatives, it's okay to set limits on your time at events and visits.

Source: WebMD



How to Talk With Kids About Alcohol, Drugs, & Other Important Things

*If you could do one thing that would help your child succeed in school,
live a healthier life, and develop to his or her fullest potential, would you do it?*



FREE Workshops for Parents, Grandparents & Guardians

Every 3rd Monday of the month

from 6:30 to 8:30 pm

Door Prizes!

Alcohol & Drug Services of Gallatin County

2310 N. 7th Avenue

Bozeman, Montana 59715

Please Contact Jennifer Pazera to Learn More & Enroll

406.586.5908